



Growing Healthy Kids Columbus

VISION: *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

Attendance

February 28, 2017 10:00am - 11:30am
Columbus Public Health, 119C

Organization	Member
CPH –Growing Healthy Kids Columbus	Ali Segna
CPH – Creating Healthy Communities	Katie Stone, Dana Dorsey and Amber Jones
Personal Fitness Navigators	Ricardo Wilson
Nationwide Children’s Hospital - CHWN	Megan Gorby
Children’s Hunger Alliance	Mark Haynes
OSU Extension	Carol Smathers
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
Franklin Park Conservatory	Christie Nohle
CCS	Carolyn Bernard
CPH – My Baby and Me	Stephanie Wade and Patricia Bailey
FCFCFC	Carol Taylor
CPH – Access to Care	Emily Fisher
CPH – SNT	Bob Holomuzki
Moms2B	Carmen Clutter
United Way Central Ohio – Columbus Kids	Janet George

2016 STEERING COMMITTEE MEMBERS:
Carolyn Bernard, Columbus City Schools
Megan Gorby, Nationwide Children’s Hospital
Mark Haynes, Children’s Hunger Alliance
Ali Segna, Columbus Public Health
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension
Dawn Sweet, Franklin County WIC
Jamie Turner, Columbus Public Health
Rebecca Wade-Mdivanian, Ohio State University Life Sports
Maria Villareal, CDCFC Head Start
Matthew Yannie, United Way of Central Ohio

Growing Healthy Kids Columbus is facilitated by Columbus Public Health - www.publichealth.columbus.gov

Agenda

10:00am – 10:30am Member Introductions and Program Updates

All

Partner/Organization	Program Updates
Ali Segna, CPH/GHKC	Healthy Gatherings Workshop Registration – columbus.gov/healthygatherings, first 50 groups to register will receive toolkits. Workshop is April 25 th , 8:30a-12p in CPH Auditorium. For flyers to hand out, contact Ali.
Dana Dorsey, CPH/CHC	Promotes Worksite Wellness on south side, for more information contact Dana.
Ricardo Wilson, Personal Fitness Navigators	Recently held Women/Daughters self-defense class: noticed higher attendance if emphasize wellbeing of child.
Megan Gorby, NCH	Has been sharing Healthy Gatherings Workshop Registration with colleagues.
Mark Haynes, Children's Hunger Alliance	Currently training 3 new dietitians for OHP. Eat, Play, Grow program will finish up next month – it is an early learning program centered on active play and healthy eating.
Carol Smathers, OSU Extension	Wanted to emphasize that Ohio Days lunch initiative (see Carolyn Bernard's update) is important on a state level because now the largest district is showing success to hopefully start a new movement, at least, in Central Ohio. New Farm to School grant – funds to promote serving fresh, local foods at early childhood centers, will update OHP in response.
Elise Fester, CDC/CPH/CDP	Recently assisting Ali and Dana with Healthy Gatherings updates and resource development, including D.I.Y. Potluck nutrition facts posters. Currently developing Healthy Celebrations Ring of Fun, to hopefully be printed this spring. Safe Routes to School will be holding bicycle rodeos this spring at several CCS schools, notably Global Academy.
Christie Nohle, Franklin Park Conservatory	Currently planning Farmers Markets and Healthy Harvest – a program for low-income families, who receive fresh foods, gardening advice, and active playtime strategies for kids. Looking to take the show-on-the-road this year to increase access, a mobile hour-long program (depending on grant funding). Wrapping up latest round of Nature School – an 8-week program for preschoolers focused on active play, gardening, learning about plants, etc.
Carol Taylor, FCFCFC	Getting ready to launch an adult training with Job and Family Services to incorporate movement and trauma-informed topics into their current trainings. 2017 grant opportunities will hopefully expand staff from 2 to 10, which will help put trainers into 30 buildings per year for 5 years. Received one grant award during meeting -

	3 more staff!
Carmen Clutter, Moms2B	Fifth Moms2B site just opened in Linden. Save the Date for Annual Fundraiser – Tuesday May 9.
Stephanie Wade and Patricia Bailey, My Baby & Me	Recently hosted literacy festival; attended by 40-45 families, who received books/door prizes and resources from community organizations. Will host a Community Baby Shower in June.
Katie Stone, CPH/CHC	Helped apply for BUILD Grant – \$500,000 total over 2 years. Proposal is collaboration between CPH, Mount Caramel Hospital, and Franklinton Cycle Works, scope focused on transforming active transportation opportunities and support in Franklinton. See Dana Dorsey and Amber Jones for further program updates.
Amber Jones, CPH/CHC/TFC	Tobacco Free Collaborative (TFC) has next meeting on April 12 th – group goal is to limit second hand smoke exposure through PSEC. Recent success: two shelters changed smoking areas/policies due to child asthma attack; with the help of NCH, TFC will now be tracking sources of secondhand smoking-induced asthma attacks.
Carolyn Bernard, CCS	CCS earned a Healthy Ohio Worksite Silver Award. Recently launched monthly Ohio Day lunch, which is an option made up of all Ohio-based foods; further, all 3 million apples served annually will now be Ohio apples. Will soon hear word on USDA grant funds that would be used to buy a produce slicer allowing CCS Food Service to make produce easier & more appealing for students to eat. Looking to buy a second Imagination Playground. Working on developing guidelines for screen time in pre-K and developing healthy lunch/snack options and physical activity options for Countdown to Kindergarten program.
Emily Fisher, CPH/Access to Care	Updates to come at next meeting.
Bob Holomuzki, CPH/SNT	Administered flu vaccine to over 6,000 school children. If any questions about south side resources or organizations, just ask!
Janet George, United Way Central Ohio/Columbus Kids	New United Way representative – instead of Harmony Cox.

10:30am – 10:40am Breaking News

Ali Segna
Carol Smathers

- **Ohio Days:** My State, My Plate - providing CCS students with food produced in Ohio
 - Joint project with Columbus City Schools, the City of Columbus, OSU Extension's Farm to School program, and the Mid-Ohio Regional Planning Commission.
 - Repeated monthly
 - CCS serves almost 3 million apples annually. Now, all of those apples are being sourced from the State of Ohio.
 - <https://www.youtube.com/watch?v=0ZzFsV2cGw4>

- **New Jersey Just Became The First State To Give New Parents Baby Boxes**
 - For 75 years, Finland's expectant mothers have been given a box by the state. A starter kit of clothes, sheets and toys delivered in a box that can be used as a bed. Some say it helped Finland achieve one of the world's lowest infant mortality rates
 - Now, new parents in New Jersey have access to the same resource, and experts believe it will help prevent infant deaths
 - The Baby Box Company partnered with New Jersey's Child Fatality and Near Fatality Review Board (CFNFRB) to give parents durable cardboard boxes filled with diapers, clothes, baby wipes, breast pads and more. The box also contains a mattress that allows it to serve as the baby's first bed.
 - The process requires that recipients complete the New Jersey "syllabus," a series of videos from health professionals that educate parents on newborn care. Video topics include safe sleep, local family services, breastfeeding and more.
 - Once parents have finished the 10 to 15-minute educational program and passed a short quiz on the material, they are officially eligible to receive the free baby box. They can choose to pick up the box at a local distribution site or have it shipped to their home.
- **CDC about SSB consumption**
 - Two-thirds of US children consume one or more sugary drinks per day
 - number of calories from sugary drinks has plateaued since 2009
 - 2003 and 2009: calories per day from SSBs for children fell from 220 to 155
 - 2011 and 2014: 143 a day

By age: (kcal from SSBs on a given day)	Boys	Girls
Ages 2-5	65 kcal	59 kcal
Ages 6-11	133 kcal	104 kcal
Ages 12-19	232 kcal	162 kcal

- **Report on foods purchased by SNAP households**
 - 40 cents per food dollar: meats, fruits, vegetables, milk, eggs, and bread
 - 20 cents per food dollar: sweetened drinks, desserts, salty snacks, candy, sugar
 - remaining 40 cents: cereal, prepared foods, other dairy products, rice, beans, other ingredients
 - Ricardo Wilson shared personal story – his nephew dropped 30 pounds in 30 days, simply by cutting soda from his diet
- **Intergenerational Obesity Indicator – BMI inherited**
 - Around 35-40 per cent of a child's BMI -- how fat or thin they are -- is inherited from their parents, a new study has found.
 - For the most obese children, the proportion rises to 55-60 per cent, suggesting that more than half of their tendency towards obesity is determined by genetics and family environment.
 - The study, led by the University of Sussex, used data on the heights and weights of 100,000 children and their parents spanning six countries worldwide: the UK, USA, China, Indonesia, Spain and Mexico.
 - The researchers found that the intergenerational transmission of BMI (Body Mass Index) is approximately constant at around 0.2 per parent -- i.e. that each child's BMI is, on average, 20 per cent due to the mother and 20 per cent due to the father."

- **BMI Education for Parents of Young Children** – 1,500 parental surveys from 31 Pennsylvania elementary schools parents were more likely to change their child's lifestyle when schools provided educational materials with child's BMI results

10:40am – 10:45am 2016 End of Year Report Outs

Ali Segna

141 Reported education and resources – this includes hosted events

Examples include:

- Education on Myplate by OSU Ext. Snap ed
- Partnership between OSU LifeSports and Local Matters – having kids prepare meals together
- Use of the Levels of Community Change Game by OSU Ext
- Health education and screening by CPH's strategic nursing team
- FPC Wellness committee instituting 6 events on nutrition and PA
- Distribution of 10 gardening kits by Institute of Active Living
- Rec & Park - Finished summer food program, served over 500,000 meals at 200-240 sites serving breakfast, lunch, and snack.

13 new and identified resources for the HG campaign

Including:

- Landing page
- Savor Before you Flavor
- HG scorecards
- And more...

Healthy Gatherings resources – DIY Taco bar and Scorecard – adapted to ODH's Ohio Food and Beverage Guide

48 wellness ambassadors trained to use the HG toolkit

15 Environment changes

Examples include:

- St Stephens pantry changing the layout and making the environment match the message – noticed increase in selection of healthy foods
- CUL serves only water at parent meetings, no pop
- FCPH installed a water bottle fountain
- OSU LifeSports only serves water at events

16 System Changes

Examples include:

- 36,000 WIC clients switched to electronic cards from coupons
- YMCA now serve family style meals at lunch and changed bid language to meet OHP standards
- Moms2B partnered with MidOhio Foodbank and have a mobile market at every location
- IAL – 10 farmers markets in Columbus accepting veggie snaps
- CHA is now CACFP sponsor for child care centers in addition to home providers
- NCH - Trained school-based health practitioners to be able to deliver weight management services at school, in order to reach children who face barriers getting to appointments at the clinic.

11 Policy changes

Examples:

- OHP changed menu requirements to include no highly processed meats, cereals to have 6g of sugar or less, and no more than 1 fried food a week
- CCS implemented a water only policy at all pre K events
- Columbus Commons went smoke free
- FCPH implemented a breastfeeding policy for employees
- CHA had 346 policies implemented by home providers
- HCHW had 256 policies implemented by child care centers
 - TOTAL – 602 policies for 2016

10:45am – 11:00am Identify a Healthy Gatherings resource and how you will use it or share with the community? Carol Smathers

There was small group discussion around current Healthy Gathering resources. Groups were asked to identify a resource they could use and share with their organization or community.

- Please note “Next Steps”: Which Healthy Gatherings resource did you use and how did it go?

11:00am – 11:05am Coalition building All

11:05am – 11:30am Healthy Gatherings: Questions and Concerns Dana Dorsey

Members were asked to meet in small groups to review the drafted Healthy Gatherings resource – Questions and Concerns. Group had the following recommendations:

- Vocabulary
 - More positively worded responses
 - Ex. Instead “prohibiting” maybe “providing” or “requesting”
 - Less vague wording
 - Ex. Instead of “tobacco” maybe “smoke-free environment” ; “non-food” might suggest “no food”, prefer to have food options listed
 - Avoid “in” terms like “build plate”
- For celebrations/reward responses: less focus on food/no food; emphasize an importance for focusing on the actual reason for celebration/reward. Celebrate the person or the people involved and what makes them awesome
- However, in many cultures, food tends to be a gathering unit
 - Maybe offer resource on how to create a healthier option for favorite foods
 - ODH GFH healthy food swap resource
- Fun Fact to add?
 - Same reward system in brain that is activated by sugar is activated by movement
- Suggest emphasis on presentation
 - Make “healthy” option look fancy or more appealing
 - Be creative with naming and avoid “healthy” label

Next Steps: Which Healthy Gatherings resource did you use and how did it go?

Next Meeting: March 28, 2017, 10:00am-11:30am Columbus Public Health, 119C.